

## Looking Ahead

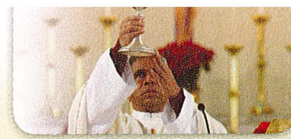
In this chapter, the Holy Spirit invites you to ►



**EXPLORE** why the Church keeps Sunday as the Lord's Day.



**DISCOVER** why the Church celebrates the liturgy.



**DECIDE** on how you can better take part in the Mass.

# Celebrating the Liturgy

- ? Which routines are part of your life each day?  
How would describe these daily routines?

Let us listen to the psalmist describe his daily life:

*“My heart is steadfast, God,  
my heart is steadfast.  
I will sing and chant praise.*

*Awake, my soul;  
awake, lyre and harp!  
I will wake the dawn.*

*I will praise you among the peoples, Lord;  
I will chant your praise among the nations.*

*For your love towers to the heavens.”* PSALM 57:8-11

- ? What do these words tell you the psalmist included in his daily life?



## Disciple Power

### Diligence

Diligence is the persistent ability to combat laziness. Diligence is related to the Cardinal Virtue of fortitude. Saint Peter gives advice to a Christian community to be diligent, or vigilant and steadfast in faith (read I Peter 5:5-11). Full participation at Mass requires diligence.

# THE CHURCH FOLLOWS JESUS

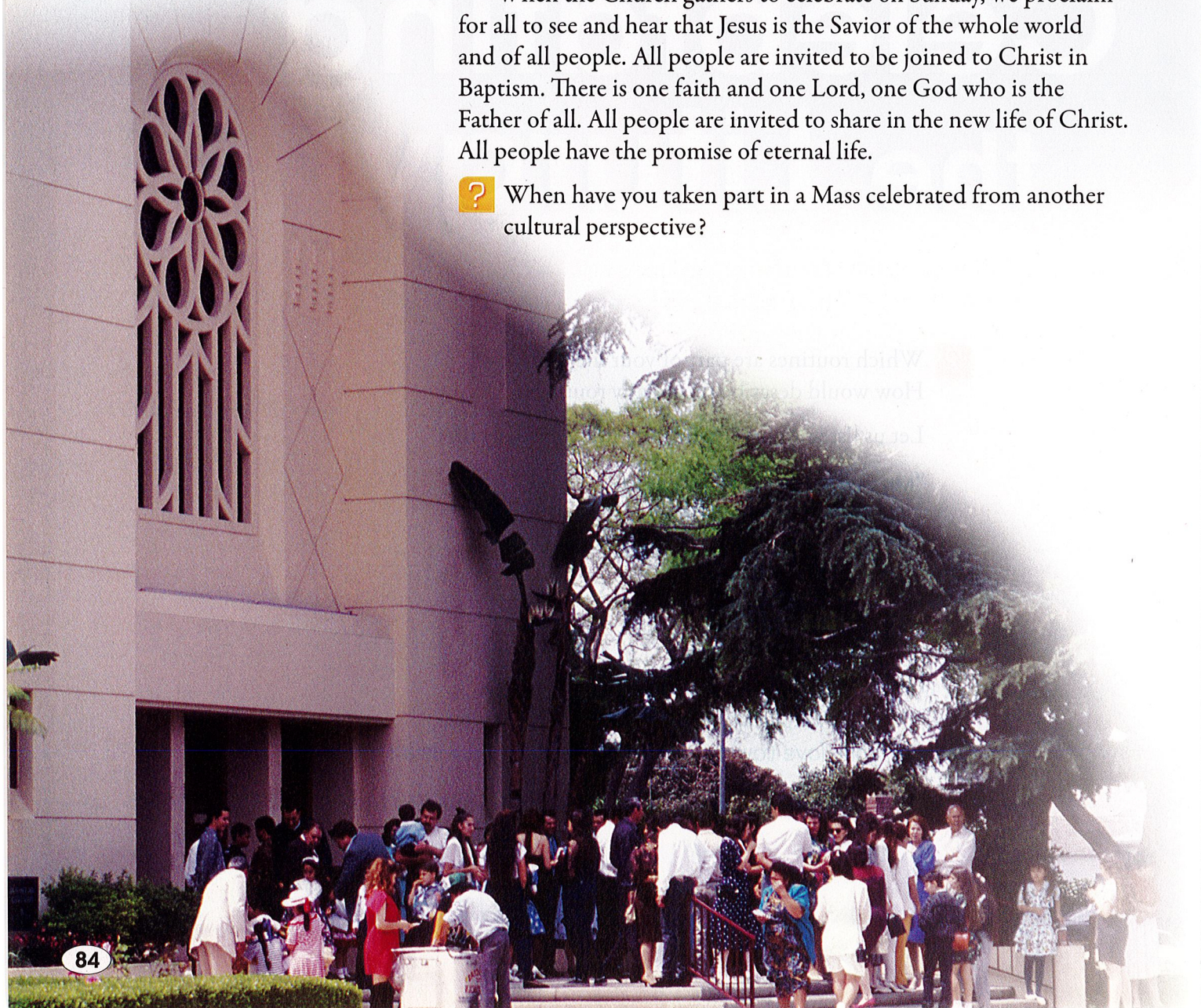
## One Faith, One Lord

No matter where you go throughout the world, the Catholic Church celebrates the Eucharist and the other Sacraments. The look of the churches may be different. Some churches are massive cathedrals filled with statues and stained-glass windows. Others are simple huts. Some are modern, and some are not. But in each church, we gather each Sunday to proclaim the same Gospel and share the same Eucharist.

The language may be different. The music may be different. The people may even dress differently, but what is essential to our liturgy is always the same: Christ is with us as we celebrate and share in his Death and Resurrection.

When the Church gathers to celebrate on Sunday, we proclaim for all to see and hear that Jesus is the Savior of the whole world and of all people. All people are invited to be joined to Christ in Baptism. There is one faith and one Lord, one God who is the Father of all. All people are invited to share in the new life of Christ. All people have the promise of eternal life.

**?** When have you taken part in a Mass celebrated from another cultural perspective?



# The Work of God's People

The **liturgy** is the work of the Church, the People of God. In the liturgy, the Church worships God the Father through the ritual actions in the liturgy. A ritual is similar to a routine, something that we repeat over and over again. The rituals of the Church include words, objects, and actions in the celebration of the liturgy.

The Church worships God because he alone is God. He is the source of all the blessings of creation and Salvation. We praise and thank God. We worship him as the one Body of Christ. With Christ, the Head of the Church, and with the Holy Spirit animating our hearts and minds, we give honor and glory, praise and thanksgiving to God our Father, together with Christ through the power of the Holy Spirit.

## The Sacraments

The Seven **Sacraments** are at the heart of the liturgy of the Church. When we celebrate the Sacraments, we join with the whole Church on Earth and in Heaven. The Sacraments are the seven main liturgical signs of the Church given to us by Jesus Christ. They make his saving work present to us and make us sharers in the life of God, the Holy Trinity.

In every celebration of the Sacraments, God proclaims in our midst the story of his loving plan of creation and Salvation. That is why the Liturgy of the Word is always part of celebrating the Sacraments. In the Liturgy of the Word, the Holy Spirit prepares the worshipping assembly to encounter Christ, the Word of God. God speaks, and we listen attentively and respond diligently with open hearts.

### FAITH FOCUS

Why does the Church celebrate the liturgy?

### FAITH VOCABULARY

#### liturgy

Liturgy is the work by the Church of worshiping God. Liturgy includes words, signs, symbols, and actions used to give praise and thanks, honor and glory to God the Father.

#### Sacraments

Sacraments are the seven sacred signs and causes of grace given to the Church by Christ to continue his saving action among us through the power of the Holy Spirit.

### Activity

Think of some words, objects, and actions within the Mass. Discuss why each of your choices is important to the celebration of the liturgy.

#### Ritual

#### Importance

Words: \_\_\_\_\_

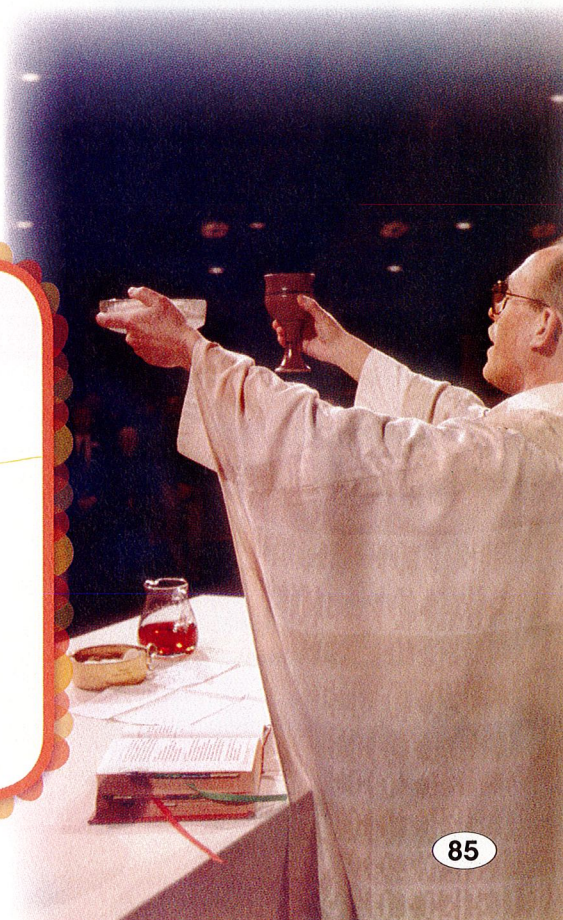
\_\_\_\_\_

Object: \_\_\_\_\_

\_\_\_\_\_

Action: \_\_\_\_\_

\_\_\_\_\_



# Faith-Filled People

## Abraham

At Mass during Eucharistic Prayer I, the Church proclaims Abraham to be "our father in faith." God and Abraham entered into the Covenant. Abraham believed that God was always present with him. Abraham trusted God and lived a life of hope in the future God promised to him and his family. You can find out more about Abraham in Genesis 12:1-7; 22:2-18.

## The Book of Leviticus

Some of the rituals of the Catholic Church have developed from the traditions and laws of God's people in Old Testament times. That is why reading the Old Testament can help us to learn more about the liturgy.

The Book of Leviticus, the third book of the Pentateuch, served as a liturgical handbook for the Levites, the priests of the Israelites. Leviticus contains a section called the Holiness Code. In this section, we find the rituals and rules for celebrating the Sabbath. The Holiness Code begins with the Sabbath:

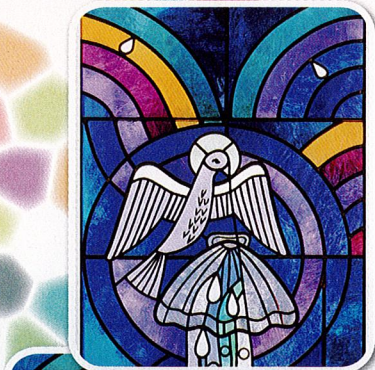
*The LORD said to Moses, "... For six days work may be done; but the seventh day is the [S]abbath rest, a day for sacred assembly, on which you shall do no work. The [S]abbath shall belong to the LORD wherever you dwell."*

LEVITICUS 23:1, 3

The Book of Leviticus then details the rituals for the observance of the feasts of Passover and unleavened bread. Celebrating the Sabbath and Passover rituals helped the Israelites to share in the love of God. It helped them remember all that God had done for them, and to live their Covenant with God.

## Sacramental Signs

The Sacraments of the Catholic Church also include rituals. They include prayerful words with signs and symbolic actions. Some of these words, signs, and symbolic actions cannot be eliminated or changed in its celebration. For example, the words the priest says at the consecration during Mass should not be eliminated or changed. However, other parts of the celebration of a Sacrament, such as the music can change.



**Activity** Look at the stained-glass images for some of the Seven Sacraments on this page. Write what each of the images tells about that Sacrament.

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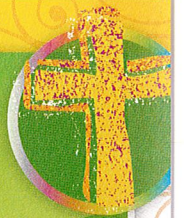
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# Catholics Believe



## Rites of the Catholic Church

There are different approved rites celebrated within the Catholic Church. These rites witness the diverse liturgical traditions of the Church around the world. Most Catholics in the United States celebrate the Latin Rite. Other rites include the Byzantine, Alexandrian (or Coptic), Syriac, Armenian, Maronite, Ukrainian, Syrian, Romanian, Russian, Malabar, and Chaldean rites. Such diversity does not distract from the unity of the Church, but rather points to her universality in celebrating the mystery of Christ for all people.

## The Liturgical Year

The Church celebrates her liturgy throughout the year. She celebrates it every day throughout the day somewhere in the world. The Church celebrates the liturgy in the languages spoken by people all over the world.

Just as the calendar year has different seasons and is filled with many holidays, so too the Church liturgical year is composed of different seasons and feasts. The liturgical feasts are moments for us to commemorate those events and people who help us to encounter Christ. For Catholics, the liturgical year is a time of receiving grace—a yearlong celebration of our life in Christ.

**Advent.** Advent is a liturgical season to prepare for Christ's coming among us. This is the beginning of the liturgical year and is typically marked by the color purple.

**Christmas.** This season celebrates that the Son of God became one of us without giving up his divinity and is the Savior of the world. During this season, the colors white or gold are used.

**Lent.** Lent is a liturgical season that calls us to change our hearts, seek God's forgiveness, prepare candidates for Baptism, and renew our commitment to live our Baptism. The color purple is used during this season to represent penance and reconciliation.

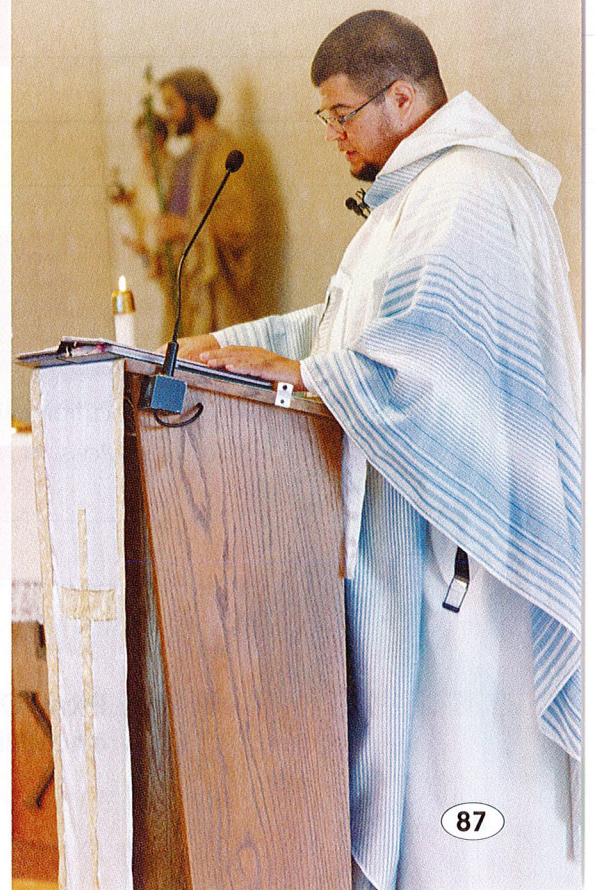
**Easter Triduum.** The Easter Triduum, or "the three days," is the center of the entire liturgical year. This period of time begins on Holy Thursday evening, continues on Good Friday, and concludes with the celebrations of the Easter Vigil and Easter Sunday.

**Easter.** The fifty days of the Easter season, which culminates on Pentecost, are a time of proclaiming the mystery of the new life that we have in the Risen Christ.

**Ordinary Time.** During this period of time, we hear the story of Jesus from one of the four accounts of the Gospels—Matthew, Mark, Luke, or John. We learn the meaning of being a disciple of Jesus in the daily activity of life. Green is used to indicate the growth of discipleship during this time.

**Feasts.** The solemnities and feasts of the Lord and of Mary, the Apostles, martyrs, and other holy men and women deepen our sharing in God's work in our world.

? Which are your favorite parts of the liturgical year?



# I FOLLOW JESUS

The Holy Spirit prepares you to celebrate the Sacraments. Jesus is always there, leading the Church in her celebration of the Seven Sacraments. The words, objects, and actions used in these celebrations help us to participate and express our faith more fully.

## A RITUAL CELEBRATION

Plan a ritual prayer celebration for your class. Choose words, objects, and actions that will involve your classmates in the celebration. Tell how these help us participate.

Theme: \_\_\_\_\_

Words (Including Scripture): \_\_\_\_\_  
\_\_\_\_\_

Objects: \_\_\_\_\_  
\_\_\_\_\_

Actions: \_\_\_\_\_  
\_\_\_\_\_

**What the Church Does**

**How These Help Us Participate**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## MY FAITH CHOICE

Before participating in Mass this week, I will remember that we encounter Christ during Mass. At Mass, I will:

\_\_\_\_\_  
\_\_\_\_\_



Pray, "O Eternal Father, grant that I may remain steadfast in faith, and diligent in giving you honor and praise. Amen."

# Chapter Review

Match the terms in Column A with their meanings in Column B.

## Column A

1. \_\_\_\_ liturgy
2. \_\_\_\_ Paschal Mystery
3. \_\_\_\_ Sacraments
4. \_\_\_\_ liturgical year
5. \_\_\_\_ Easter Triduum

## Column B

- A. The Church yearly cycle of seasons and feasts that make up the Church's year of worship.
- B. Christ's Passion, Death, Resurrection, and glorious Ascension
- C. The three-day celebration that is at the center of the liturgical year of the Church
- D. The seven main celebrations of the Church's liturgy, given to us by Christ, that make us sharers in the life of God
- E. The Church's work of worshipping God

## TO HELP YOU REMEMBER

1. The celebration of the liturgy is the Church's work of worshipping God.
2. The Seven Sacraments are the center of the Church's liturgy. They make us sharers in the life of God through the power of the Holy Spirit.
3. Throughout the year, the Church praises God the Father for what he has done and continues to do for us.

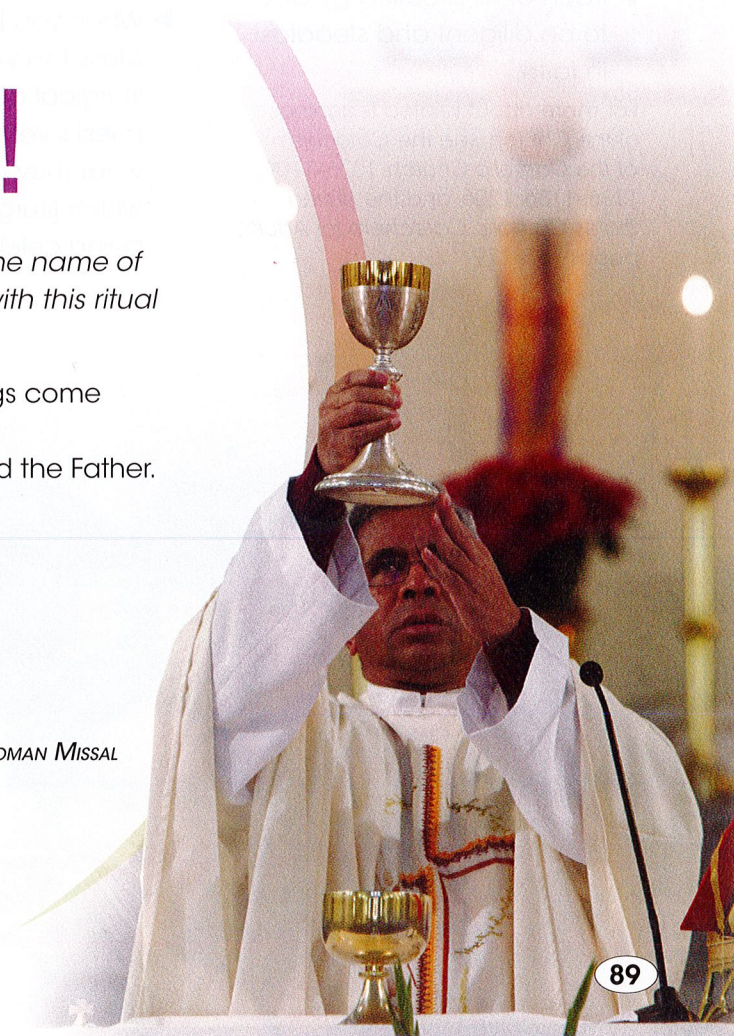
# Give Glory to God!

A doxology is a prayer of praise to God the Father in the name of Jesus through the power of the Holy Spirit. Conclude with this ritual prayer from the conclusion of the Eucharistic Prayer.

**Leader:** Let us acknowledge that all of our blessings come from God our Father. *(Pause.)*  
Let us join with Christ and give glory to God the Father.

**All:** Through him, and with him, and in him,  
O God, almighty Father,  
in the unity of the Holy Spirit,  
all glory and honor is yours,  
for ever and ever.  
Amen.

DOXOLOGY, EUCHARISTIC PRAYER, ROMAN MISSAL



# With My Family

## This Week ...

**In Chapter 9**, "Celebrating the Liturgy," your child learned:

- ▶ The liturgy is the Church's work of worshiping God. It centers on the Eucharist and the other Sacraments.
- ▶ The whole Church gathers with Christ to share in the life of the Holy Trinity. We bless and give praise, thanks, honor, and glory to the Father.
- ▶ Through the power of the Holy Spirit, we, as members of the Church, remember and are made sharers in the Paschal Mystery.
- ▶ Throughout the liturgical year, we join with Christ to share in his work of Salvation.
- ▶ Each of us is called by God to be diligent and steadfast in faith.

**For more** about related teachings of the Church, see the *Catechism of the Catholic Church*, 1076-1109, 1136-1186, 1206, and the *United States Catholic Catechism for Adults*, pages 165-179.

## Sharing God's Word

**Read** Psalm 95:1-7 together. Emphasize that the Seven Sacraments are signs and sources of God's grace through which we are made sharers of the life and work of Jesus Christ, the Son of God. Talk about your family's diligent participation in the celebration of the Eucharist and the Sacrament of Penance and Reconciliation.

## We Live as Disciples

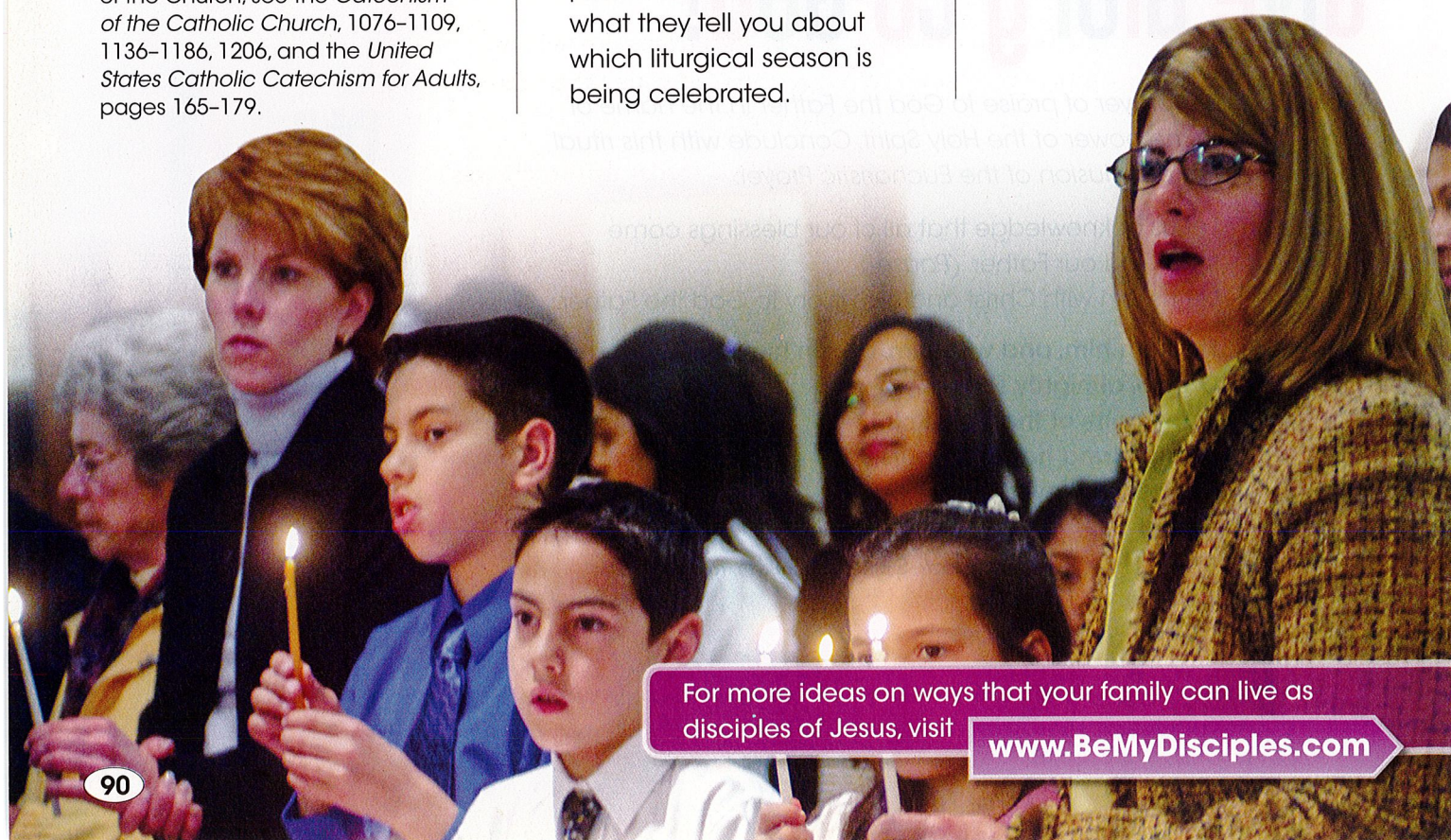
**The Christian family** and home is a school of discipleship. Choose one of the following activities to do as a family, or design a similar activity of your own:

- ▶ When you take part in the Mass this week, notice the liturgical decorations and the priest's vestments. Talk about what they tell you about which liturgical season is being celebrated.

- ▶ Create a doorknob hanger or wreath for the front door of your home. Decorate it so that it is a reminder of the current liturgical season.

## Our Spiritual Journey

**The Church** has always prayed doxologies, short formulaic prayers praising God, within the rites. Memorize the doxology on page 89. Pray it as a mantra or a simple spontaneous prayer throughout the day. This will help focus your living the dismissal at Mass, "Go in peace, glorifying the Lord by your life" (*Roman Missal*).



For more ideas on ways that your family can live as disciples of Jesus, visit

[www.BeMyDisciples.com](http://www.BeMyDisciples.com)